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HE'S 40!**

KELLY & LEO ENGAGED!

Proposes After Only 4 Months

* "She's hot, she's smart and my mom loves her"

* Why Leo chose Kelly after 40 girlfriends!

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Jen & Matt
**SECRET
ENEMIES!**



Blake
**READY TO
DATE AGAIN!**

Sept. 26, NYC

OKMAGAZINE.COM



Kourtney Taylor Amy
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WHAT STARS
REALLY WEIGH!**

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STAY-SLIM
SECRET**



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WEDDING BELS

After dating many a model, **Leonardo DiCaprio**'s finally found The One: **Kelly Rohrbach**.

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OK! INSIDER

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62 **George** and **Amal Clooney** celebrated their first anniversary — sort of — with a low-key dinner and no gifts. Cue the sad trombone!

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OVER AND OUT

Kaley Cuoco and **Ryan Sweeting**'s union dissolved as quickly as it started. What went wrong?



40

READY TO MINGLE?

Blake Shelton's looking better than ever since his divorce from **Miranda Lambert**.



42

TIP THE SCALES

Find out how much famously fit stars like **Jennifer Lopez** really weigh!

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Sandy's SECRET ADOPTION

OK! HAS LEARNED THAT
SANDRA BULLOCK IS NOW
MOM TO A YOUNG GIRL



BRING IT IN
Having the support
of new beau, Bryan,
is "icing on the
cake," a source says.



Sandra
has said that
work was her life
before becoming a
mom. "She's never
been so proud of
or committed to
anything," a
source says.

Of all Sandra Bullock's hard-hitting Hollywood roles, she's steadfastly made motherhood her priority ever since adopting son **Louis**, in 2010. Now OK! can reveal that the *Our Brand Is Crisis* star, 51, has expanded her family by adopting a little girl!

"It's been a long, drawn-out process, so she's kept it a secret," says an insider. "She was scared it would never happen, but now she's so excited to be able to bring home a sister for Louis."

Sandra's adoption of Louis, 5, took a protracted four years and coincided with a slew of negative stories about the end of her marriage to **Jesse James**, who admitted to multiple affairs. Sources say she went out of her way to keep this round under wraps, even insisting that she was "wickedly unprepared" for a new addition.

But on the night of Sept. 26, flanked by loved ones, Sandra was at Cedars-Sinai Medical Center in Los Angeles, finally embracing her new daughter. "To say she's absolutely thrilled is an understatement," says an insider.

MORE TO LOVE

Despite being happily attached to photographer **Bryan Randall**, a source says Sandra will be her daughter's "sole guardian," adding, "Bryan's great with both of the kids, and she's just happy he's there to share in this joy with her. She loves being a mother more than anything else in the world."

OK!



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JIM'S TRAGIC LOSS

Jim Carrey is reeling from the apparent suicide of his girlfriend, 30-year-old Irish-born makeup artist **Cathriona White**, who was found dead in her L.A. apartment on Sept. 28 — and left a note that police say contained the actor's name.

Sources say he has good reason to be shocked. "I would have never seen this coming," says Kimberly Ho, Cat's former roommate. "She and Jim seemed really happy together, and he was always supportive and very loving.

I never heard them argue once."

But reports suggest that the pair — who dated for most of 2013, then reunited in May — had broken up again late last month, on the same day Cat posted a cryptic farewell tweet that read, "Signing off Twitter, I hope I have been a light to my nearest and dearest."

"It's terrible that that's the last thing she said publicly," says her friend Judd Weiss, who adds that Cathriona had been in great spirits just a few weeks earlier. "She had just gotten back from seeing Jim in New York and talked

about how beautiful it was."

Jim, 53, is said to be devastated, stating that he's "deeply saddened by the passing of my sweet Cathriona," whom he called a "truly kind and delicate Irish flower." But even if he and Cat had broken up again, it's unlikely anyone would have known.

"She was a very private and quiet person," says Weiss. "I have no idea what happened to her in the past month or so, and no idea why she did this at all. She had a lot going for her — and a great life ahead of her."



The week before her death, Cathriona posted this pic to Instagram, about heading off to belatedly celebrate her birthday at sushi restaurant Nobu in Malibu.



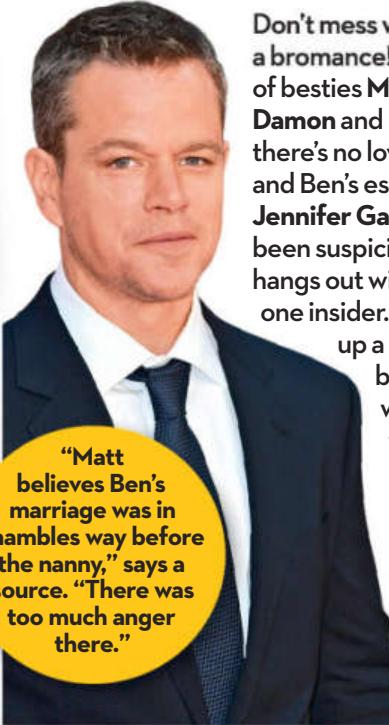
GWEN'S REVENGE SONGS

Some of the best music has been fueled by heartbreak, and Gwen Stefani is getting in on that action. Since filing for divorce in August from Gavin Rossdale, her husband of 13 years, "Gwen has told friends she's been flooded with inspiration," says a source. "She's writing again and is practically living in the recording studio." How deliciously dark will those songs be? Gwen, who's noted that her outfits reflect her mood, has been writing in "one black shirt with holes," she said. The process has been "a form of therapy for her," says the insider. And much less costly than seeing a shrink!

MATT NO FAN OF JEN!

Don't mess with a bromance! Pals of besties Matt

Damon and Ben Affleck say there's no love lost between Matt and Ben's estranged wife, Jennifer Garner, "who's always been suspicious of everyone Ben hangs out with, even Matt," says one insider. "If she'd just loosened up a bit, things could have been different." Matt wasn't that fond of Jen, the source adds, and he had nagging concerns about the marriage: "He wasn't pushing for Ben to end it, but he knows Ben will be happier with another woman."



"Matt believes Ben's marriage was in shambles way before the nanny," says a source. "There was too much anger there."

RUMER'S DIVA ACT

She got a standing ovation, but Rumer's winning no raves backstage.

Rumer Willis has admitted she wishes she were still on *Dancing with the Stars* — and her colleagues at her new gig, *Chicago*, may be wishing the same! "She walks around like she owns the place," says a source of 27-year-old Rumer, who is making her Broadway debut as Roxie Hart in the long-running musical. "She has a dance coach, a wig person, a top makeup artist and a team tending to her every need. Yet she complains about everything, from the size of her dressing room to hating New York. You name it, she'll moan about it." Although Rumer's a newbie on the Great White

Way, her costars find her aloof. Explains the insider: "She's always on her phone and is clearly only interested in herself. It's a shame, because she could learn a lot from the other performers." Like how to leave the drama on the stage!





BELLA VS. GIGI SISTERS AT WAR!

"They may seem friendly in public," says a source, "but they rarely talk — and when they do, they snipe at each other."

So much for sisterhood. Gigi Hadid's reign as Model of the Year is being eclipsed by the rise of her younger sibling, Bella, and the claws are coming out. "Lately, photographers have been more interested in Bella, because of her more exotic look," explains an insider. "Many believe she's the true beauty of the two, and Gigi can't deal with the fact that Bella might outshine her." The sisters' catfight spilled over onto the catwalk on Sept. 15, when Bella, 19, "made an offhand joke about Gigi's hair" as they both prepared to model in Jeremy Scott's New York Fashion Week show, an eyewitness reports. Gigi, 20, "barked back that Bella looked fat in her dress — right in front of the designer's team!" The snarky sibs have even dragged their mom, *The Real Housewives of Beverly Hills'* Yolanda Foster, into their feud: "They call her to complain about each other," says the insider. That's not model behavior, girls!



BLAKE CAN'T PRESERVE WEBSITE

It seems the world isn't ready for \$18 salt after all. After just one year, **Blake Lively** is pulling the plug on her lifestyle website, *Preserve*. "It's not making a difference in people's lives," said the actress, who expects critics will "have a heyday" with the failure. But Blake's not shelving her entrepreneurial dreams just yet: She's planning a new "shoppable lifestyle" venture that will better serve a millennial audience. Stay tuned!

TAYLOR'S CRIB FIB

She lays her love life bare in her songs, but **Taylor Swift** wants her real estate transactions to remain mysterious. When reports surfaced that she'd paid \$25 million — cash — for an L.A. estate once owned by movie mogul **Samuel Goldwyn** (below), she slammed the idea on Twitter... only to get caught after property records were examined. "Taylor is very secretive about how her money is spent," says a source close to the star. "Plus, she doesn't want people to know where she lives. Her biggest fear is having a stalker." Just leave a blank space under "home address," Tay.





JOSH DISSES RYAN

Josh Brolin knows from accents, having played a convincing George W. Bush in

W. So he must have felt entitled to call out a "young Hollywood punk," as he put it recently, for talking like Robert De Niro in a movie they made together. Josh didn't name the actor, but it wasn't hard to figure out he had his *Gangster Squad* costar Ryan Gosling in mind. "They didn't get along," a source says. "Josh thinks Ryan is one of the most fake people he's ever met. He'd never openly make fun of Ryan, but he kept the crew in stitches by doing impersonations of him." For his part, Ryan once admitted that he didn't think his Canadian accent was sufficiently tough, "so now I have a phony accent that I can't shake." You talkin' to us, Ryan?



Josh thought Ryan's tough-guy persona and wardrobe were "pretentious," says a source.



"Krysten's unpredictable behavior has taken everyone by surprise," an insider says.

KRYSTEN ICE QUEEN!

Was Krysten Ritter's stint as the B---- in *Apartment 23* typecasting? A castmate on her upcoming Netflix series, *Jessica Jones*, says the actress alienated both crew and producers with her "demanding and temperamental" antics. "She was snapping over nothing," the insider dishes, "and giving off the vibe that she didn't want to be there." Krysten's character was expected to feed into three other Marvel shows, the already-streaming *Daredevil* and the in-the-works *Luke Cage* and *Iron Fist*, but "now those plans are up in the air," adds the source. "The producers are ready to throw her under the bus — literally."



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Red hot
on the

Red CA



**Anne
Hathaway**

The *Intern* actress flaunted her carpet know-how at a New York screening of the film, wearing an eye-catching Valentino gown.



**Kate
Mara**

Stuart Weitzman sandals and a Rauwolf clutch completed Kate's look at *The Martian*'s Toronto International Film Festival premiere.



**Malin
Akerman**

All eyes were on Malin at the premiere of *The Final Girls* in Toronto, thanks to this cleavage-baring number from the Italian design house.

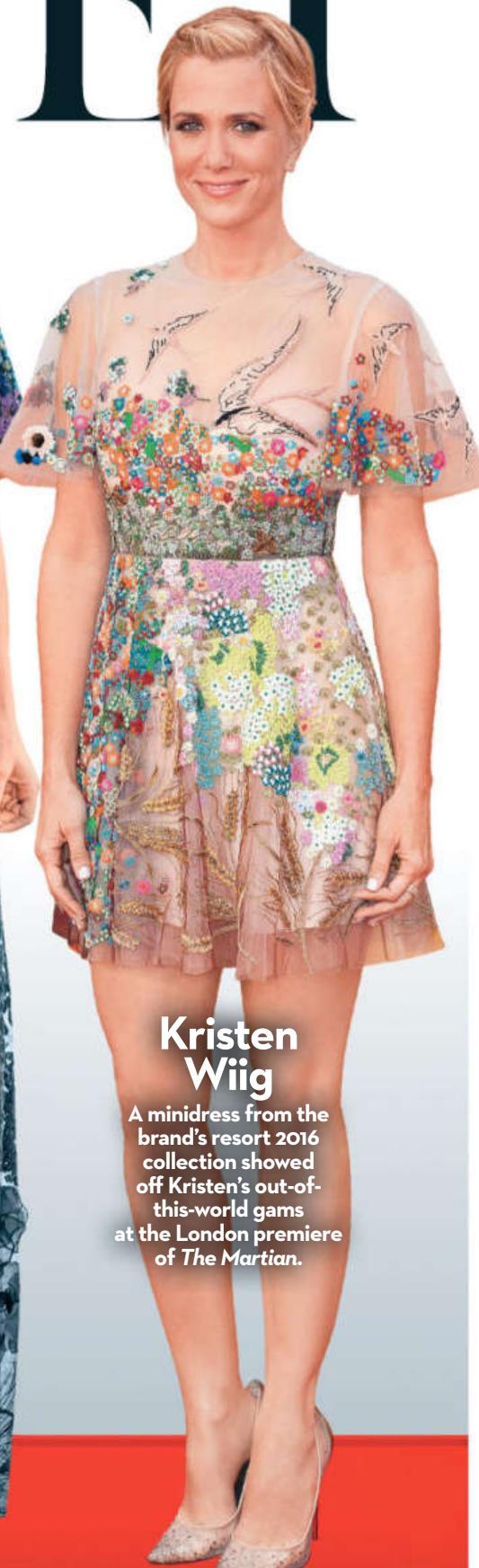
SHONE IN VALENTINO GOWNS

ARPENT



**Rachel
McAdams**

Rachel proved that understated is overrated in an embellished sheer Valentino gown at the *Spotlight* TIFF premiere.



**Kristen
Wiig**

A minidress from the brand's resort 2016 collection showed off Kristen's out-of-this-world gams at the London premiere of *The Martian*.



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Star style showdown!

Who wore it

OUR FASHION EDITORS MAKE THE CALL



Rosie Huntington-Whiteley vs. Nicki Minaj

While Nicki looked casually cool in her Saint Laurent bomber, Rosie's necklace and booties put a glam spin on the style.

BETTER?



Melanie Laurent vs. Jennifer Lopez

Fierce makeup and an all-over glow nabbed J.Lo the win in Blumarine.



Chloë Grace Moretz vs. Bianca Brandolini d'Adda

Both ladies showed fashion fearlessness in Gucci, but Chloë's jewelry was distracting.



NEWS IN PHOTOS

THE WEEK'S HOTTEST PICS



RIDE ALONG

SYDNEY, SEPT. 29

En route to performing for frenzied fans at "Bieber Island" (AKA Cockatoo Island), Justin Bieber treated onlookers to a side-of-the-road skateboard session, flaunting tricks, jumps — and his ability to maneuver in a knee-length T-shirt.

Wheelies
Down
Under!





BEST MATES

SYDNEY, SEPT. 30

Toni Collette and Drew Barrymore looked like old chums at the Australian premiere of their film *Miss You Already*, about a best-friendship tested by cancer.



Grin and share it!



PLAYING POLITICS

LOS ANGELES,
SEPT. 30

Kim Kardashian stopped by *The Ellen DeGeneres Show*, where she said hubby **Kanye West**'s bid for the 2020 Presidency was "news to me!"



OFF THE WALL

NEW YORK CITY, SEPT. 29

Former *E! News* correspondent **Alicia Quarles** and artist **Buff Monster** enjoyed some high-concept graffiti at the Chevrolet Street Art Tour.



MODEL BEHAVIOR

NEW YORK CITY, SEPT. 29

She's still got it! **Cindy Crawford** promoted her new book, *Becoming*, a memoir filled with photos and personal essays, on *Good Morning America*. "I never wanted to write, because I didn't want to do a biography or a giant coffee table book that just collects dust," she said. "I thought this was a great way."



PIT STOP

NEW YORK CITY, SEPT. 29

Chicago P.D.'s **Sophia Bush** grabbed a slice of pizza before her appearance on the *Today* show, where she discussed the third season of the hit series.

Sophia gets saucy!



CUDDLY CAT LADY

SEPT. 24

Animal activist **Beth Ostrosky Stern** urged her Instagram followers to adopt homeless pets with this sweet snap of kittens Milly, Maggie and Bingo.



Cats Can't Resist®

NEWS IN PHOTOS



A cheeky kiss good-bye!

MOTHER KNOWS BEST

NEW YORK CITY,
SEPT. 29

Devoted mom of three Sarah Jessica Parker gave her daughter Marion, 6, a quick squeeze as she dropped her off at school.



GLAM TEAM

NEW YORK CITY, SEPT. 28

Funny is the new black! The stars of *2 Broke Girls*, Kat Dennings (left) and Beth Behrs, made for one hot pair when they appeared together on *The Tonight Show*.



MAKING WAVES

BEVERLY HILLS,
SEPT. 28

Kristen Bell attended A Concert for Our Oceans, which was sponsored by Oceana, an organization that protects sea life.



SEASON 3

DAILY
ENTERTAINMENT
NEWS YOU WON'T
WANT TO MISS



New York WABC
LA KCAL
Chicago The U Too
Philadelphia WPSG
Dallas KTVT
Boston WSBK
Atlanta WUPA
Houston KPRC
Detroit WADL
Tampa WTOG
Sarasota WWSB
Seattle KONG
Minneapolis KSTC

2:05am
12:30am
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8:30am
1:12am
3am
4:30am
1:05am
11pm
7:30am
1:35am
6:30pm
11:30am

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Buffalo WNLO
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1pm

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NEWS IN PHOTOS



BONDING TIME

NEW YORK CITY, SEPT. 27

Looks like David Letterman has really taken to retirement!

The former late-night host debuted a bushy new beard while out with his son, Harry, 11.

FACE THE MUSIC

SÃO PAULO,
BRAZIL, SEPT. 25

Katy Perry, who's currently touring Central and South America, took to the stage in one of her signature costumes.



SPREADING THE WORD

NEW YORK CITY, SEPT. 28

United Nations Messenger of Peace Charlize Theron attended the Social Good Summit, where she encouraged open discussion of the HIV/AIDS epidemic. "It's something we should all be concerned about," she said.



That's love,
actually!

ONE HAPPY FAMILY

NEW YORK CITY, SEPT. 28

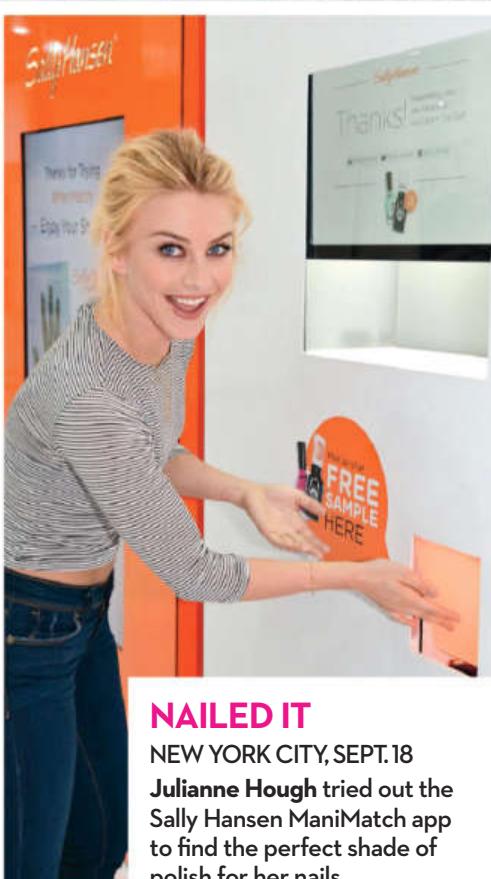
Keira Knightley and musician husband James Righton strolled with their 4-month-old daughter, **Edie**. The star recently called her love for the tot “astonishing.”

SMOOTH SAILOR

HONG KONG, SEPT. 28

He runs a tight ship! Hugh Jackman attended a press conference for his new film, *Pan*, in which he plays the villainous pirate Blackbeard.





NAILED IT

NEW YORK CITY, SEPT. 18

Julianne Hough tried out the Sally Hansen ManiMatch app to find the perfect shade of polish for her nails.



HEAVY HITTER

LOS ANGELES, SEPT. 26

Play ball! Emmy winner **Jon Hamm** proved he's a man of many talents as he took to the bases on a sunny afternoon.



FLOWER POWER

NEW YORK CITY, SEPT. 29

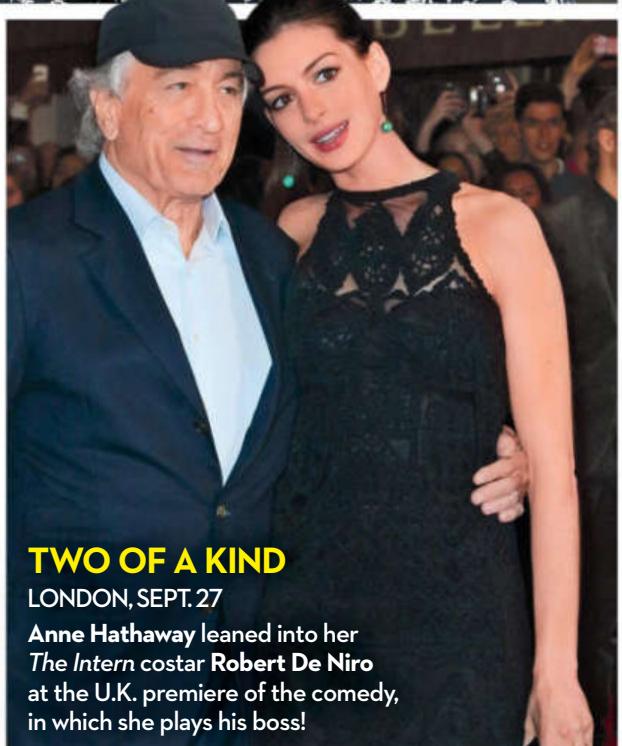
Jessica Biel left 5-month-old Silas at home for her visit to *Good Morning America*, where she discussed her work on behalf of WomanCare Global's women's health initiatives.



DADDY DUTY

NEW YORK CITY, SEPT. 27

That's some bike! Liev Schreiber took sons **Samuel**, 6, and **Alexander**, 8, for a spin around town. The only family member missing? Mom **Naomi Watts**!



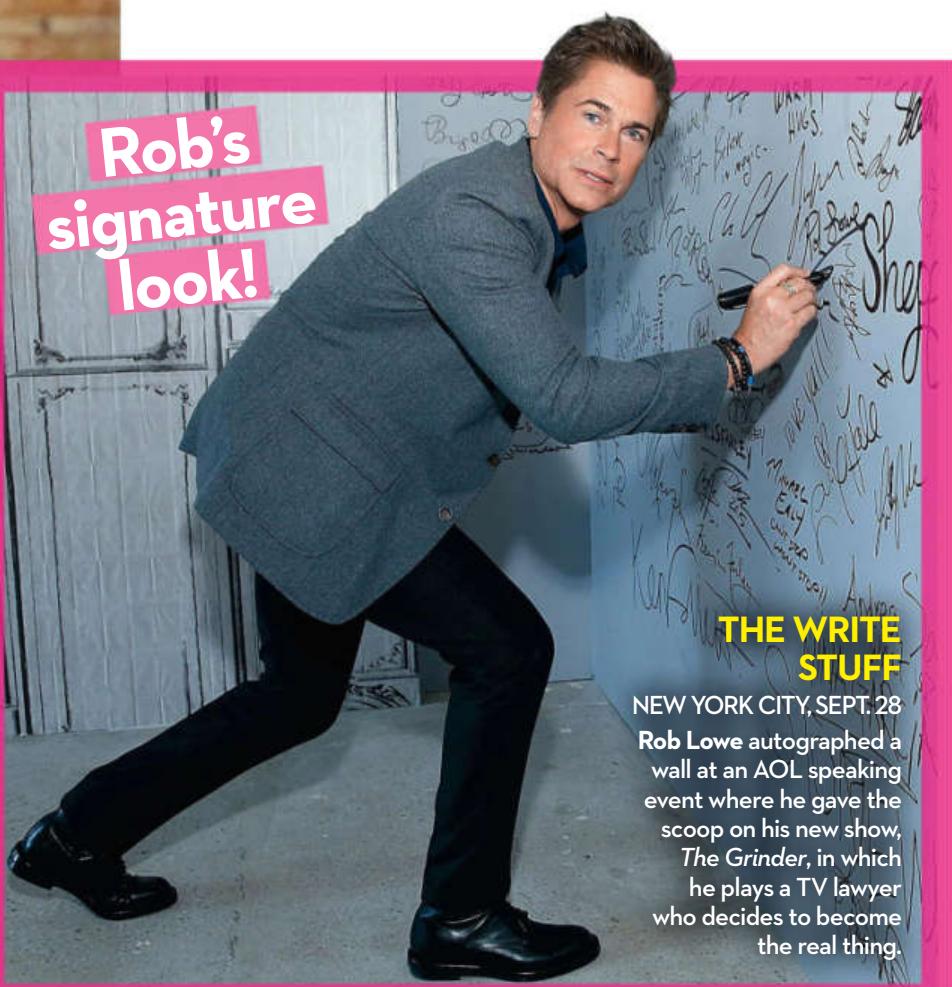
TWO OF A KIND

LONDON, SEPT. 27

Anne Hathaway leaned into her *The Intern* costar **Robert De Niro** at the U.K. premiere of the comedy, in which she plays his boss!



Rob's signature look!



THE WRITE STUFF

NEW YORK CITY, SEPT. 28

Rob Lowe autographed a wall at an AOL speaking event where he gave the scoop on his new show, *The Grinder*, in which he plays a TV lawyer who decides to become the real thing.



SLEEPING BEAUTY

WEST HOLLYWOOD,
SEPT. 19

Pillow fight! Zendaya had a blast at *Extra's* Weekend of *I* Lounge, where she bounced on a *Beautyrest* mattress.



get your *Beautyrest*

NEWS IN PHOTOS



SPACING OUT

LONDON, SEPT. 24

Matt Damon cozied up to his leading ladies, **Kate Mara**, **Kristen Wiig** and **Jessica Chastain**, at the premiere of their sci-fi adventure, *The Martian*.



RED HOT

LONDON, SEPT. 25

Selena Gomez wowed in a miniskirt ensemble as she left BBC Radio 1 after a performance promoting her album *Revival*. She's called her new music "the best thing that I've ever done."



SIGNATURE LOOK

WEST HOLLYWOOD, SEPT. 18

Derek Hough put his John Hancock on the board during a visit to Kari Feinstein's Style Lounge at Sunset Marquis Hotel & Villas.

SMALL WORLD

WEST HOLLYWOOD,
SEPT. 24

Gwen Stefani celebrated with some of the mini catwalkers who participated in the launch of her Harajuku Lovers children's line at Duff's Cakemix, a decorate-your-own-treats shop. Sweet!

Spirit
fingers
up, girls!



FASTING FOR AN EVENT



JULIE'S BREAD BAN

At the 2013 Emmys, Julie Bowen said that fitting into her Zac Posen dress required a "lack of carbs," joking that the preparation and starvation were fun. Glass half full?



ADRIANA'S LIQUID LUNCHES

In 2011, Adriana Lima explained that she stops eating solids nine days before the Victoria's Secret Fashion Show and doesn't even drink water for 12 hours pre-catwalk. Who says models have it easy?



KALEY'S NUTTY PLAN

After revealing that all she ate was almonds prior to her September Shape cover shoot, Kaley Cuoco admitted: "I was so hungry!" Sounds like a *Hunger Games* audition.

KATHIE LEE says: "Our bodies are our own. I am not going to decide what's best for anyone else's body. I have enough trouble making decisions on my own!"

FOR MORE "OK! OR NOT OK!"
WITH **KATHIE LEE AND HODA**,
TUNE IN TO THE TODAY SHOW,
THURSDAYS AT 10 AM ET ON NBC.

HODA says: "Yes, it's OK. How else do you get into the dress? ;) But don't forget, there's always Spanx!"



"No matter what your goal, whether it's to lose a few pounds, or to completely transform your body, you can make it happen."

Sarah Evans, mother of 3, is living proof that having the body of your dreams is indeed achievable with even the busiest schedule.

Open any fitness magazine, or jump on social media, and you're bombarded with rock-hard abs, toned glutes and inspirational quotes telling you to sacrifice everything to attain your fitness goals. Instead of feeling inspired it can easily leave you feeling deflated. It's challenging balancing all of the responsibilities and priorities in your life and making room for your own fitness goals.

Here's the good news: Achieving a toned and healthy body is completely attainable, even for the busiest of us – you just need to know where to begin.

Before having my kids, I was never very active and I definitely wasn't into fitness. It took the birth of our third child to realize that fitness needed to become a part of my life, especially if I wanted to stay healthy and live a long, happy life. I know firsthand how challenging it can be to live an active lifestyle with the responsibility of having three kids. Sometimes I feel like there's

A Simple Weight Loss Secret

How One Fit Mom of 3 Got Her Body Back

just not enough time or energy in the day to get done all the things that I need to do, let alone take care of myself. I wake up early and exercise before getting the kids up for school. Some days my batteries are low and it's hard for me to find the energy and motivation to get my body

"Supplements have a played big role in helping me achieve and maintain my health, energy and fitness. What I put in my body matters to me. That's why I've stuck with BPI products. They care about quality and I feel they care about their customer's results."

going. That is until I discovered Pre-workout supplements. The one I found in my local grocery store was called 1MR Vortex. It caught my attention because it called out the fact that it would fuel my workouts – and that's exactly what I needed! I mix one scoop of it in my bottle of water before I exercise – and it actually tastes really good. Not only did it give me the energy I was looking for,



SarahEvans_livingfitlife

but I also started to lose weight faster and found myself getting more toned. After doing some research online I discovered that many of the key ingredients in the product had real weight loss benefits. Combining this, with eating better, I've been able to completely change my body.

No matter what your goal, whether it's to lose a few pounds, or to completely transform your body, you can make it happen. You make time for what's important. I wanted to feel comfortable and confident in my own skin, and I wanted to have the energy to keep up with my kids. In short, I wanted to enjoy my life. I've found that now, and if I can do it, then so can you.*

SARAH'S 10 MINUTE AT-HOME FAT BURNING WORKOUT

Go for 30 seconds ALL OUT, followed by 30 seconds rest for a total of 10 minutes. Alternate between the 4 following exercises:

Jump Rope
Mountain Climbers
Jumping Jacks
Crunches

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COUPLES NEWS



Brian to Megan: SHOW ME THE MONEY

Brian claims vertigo prevents him from working, but he was playing basketball at his trainer's gym on Sept. 14.



When Brian Austin Green and Megan Fox met back in 2004, he still had some star power, thanks to his decade-long stint on *Beverly Hills, 90210*. But in the years since, her career has far eclipsed his — and now, as they negotiate a divorce, he's filed for spousal support.

Brian's stay-at-home trajectory was seemingly cemented when a drunk driver hit him and Megan last December, and Brian began experiencing symptoms of vertigo, which include spinning, dizziness, headaches and nausea. A source says that Brian, 42, claims his medical problems prevent him from working, therefore Megan should pay up. But the source says that the *Teenage Mutant Ninja Turtles* star, 29, doesn't understand why her estranged hubby is able to exercise, look after their kids and run errands yet can't take jobs.

"It's become obvious that Brian can work, but he's not getting the offers that he used to, and he's afraid of what his lifestyle

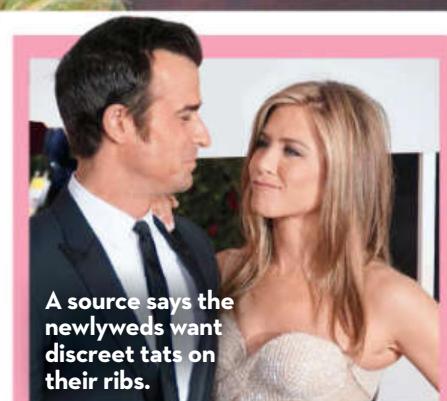
will be when she's gone," the insider explains. "Megan believes that Brian is exaggerating his diagnosis." She's even been keeping tabs on his health problems to bolster her case in court, the insider says, adding, "Megan won't go down without a fight."



Fergie & Josh ON THE ROCKS

Fergie and
Josh have
been married
since 2009.

Fans are clamoring for a new album from **Fergie**, whose smash hit *The Dutchess* came out eight long years ago — but is the follow-up coming at the cost of her marriage? A source says the singer is so busy in the studio that her husband, **Josh Duhamel**, is stuck at home being Mr. Mom, and he's starting to get lonely. "Josh feels like a single parent," the insider says. "It's causing tension in their marriage." The source says Josh, 42, loves spending time with their son, **Axl**, 2, but "feels like Fergie is distant" and worries that time is running out for them to have another child. In a February interview, he admitted, "I would love to, she would love to, but right now it's about figuring out when it's going to happen." While Fergie, 40, is "proud of her work," the source says there could be trouble ahead if she doesn't shift her priorities soon: "Josh is frustrated and just wants their family to function as a unit."

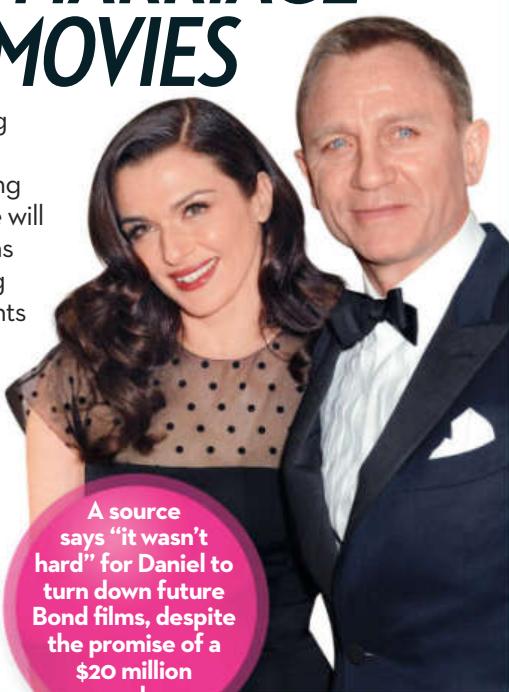


A source says the
newlyweds want
discreet tats on
their ribs.

Daniel

PUTTING MARRIAGE BEFORE MOVIES

Despite his success playing James Bond, **Daniel Craig** shocked fans by announcing that the upcoming *Spectre* will be his last time suiting up as 007. The reason, according to a source? Daniel, 47, wants to focus on life with wife **Rachel Weisz**, 45, and her son, **Henry Aronofsky**, 9 — something the franchise's grueling filming schedules and promotional tours don't facilitate. "He wants more family time to get closer to his stepson," the source says. "He feels like real life is passing him by."



A source
says "it wasn't
hard" for Daniel to
turn down future
Bond films, despite
the promise of a
\$20 million
payday.

Jen & Justin's MATCHING TATTOOS

Want proof **Jennifer Aniston** and **Justin Theroux** are in it for the long haul? They plan to get permanently inked with a tribute to their marriage. Justin, 44, "initially wanted to do it on their honeymoon but didn't want the paparazzi to see," a source says. "But Jen's glad he waited, because now she wants one too." It'll be just the second bit of body art for Jen, 46, who wants to keep the design simple and not readily visible. Her heavily tattooed husband, meanwhile, has even inked friends but admitted he's "messed up every single one." Stick to the pros for this one, guys!



Gwyn & Brad LIVING TOGETHER

On Sept. 15, producer **Brad Falchuk** posted a photo with **Gwyneth Paltrow** at the premiere of his new show *Scream Queens*, which he captioned "My date and I" — his first official acknowledgment of their months-long relationship. But a source says they're more serious than anyone knows: "Gwyn moved a bunch of her stuff into Brad's Brentwood pad, and he's got a key to her house down the street. They've pretty much been cohabiting for months, though they've kept it quiet." Though Brad, 44, is still going through a divorce, the source says that he and Gwyn, 43, are moving full speed ahead. "Gwyneth has found herself a brilliant and devoted new man. They're very much in love."

Brad and Gwyn vacationed together in Italy in July. A source says that "they have so much in common."



Tatum and Rosie looked like a couple in September.

Chelsea

CHASING ORLANDO

Love was in the air at **Jennifer Aniston** and **Justin Theroux's** wedding — but not everyone was feeling it. A source says that **Chelsea Handler** became smitten with **Orlando Bloom** at the nuptials and has been "bombarding him with texts and calls" ever since! Orlando, 38, was flattered at first, but the source says that Chelsea, 40, is "not his type," and he's begun avoiding her at all costs. "He's hoping she gets the message sooner rather than later," the source says, "so he can come out of hiding!"



Orlando thinks Chelsea's funny but not girlfriend material, a source says.

Tatum TWO-TIMING ROSIE?

Tatum O'Neal seemed pretty cozy with **Rosie O'Donnell** while vacationing at the ex-*View* host's house in West Palm Beach, Fla., last month, even referring to Rosie, 53, as her "wife" in a Sept. 15 Instagram post. But just nine days later, the former child star, 51, was spotted dining with another woman at Zinque in West Hollywood. "They were beaming at each other and touching hands," says an eyewitness. "They acted like they were the only two people in the room." The onlooker also noted that Tatum — a recovering alcoholic — ordered wine and happily toasted with her date. Sounds like one view Rosie wouldn't enjoy!



Drake & Serena ENGAGED!

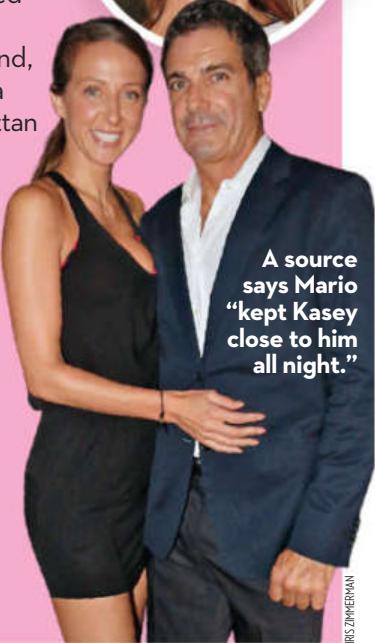
She may not have achieved her fourth Grand Slam this year, but **Serena Williams** and her beau, **Drake**, hit a major milestone. Shortly after the U.S. Open in September, a source says, Drake, 28, whisked Serena, 34, away to his native Toronto for a romantic proposal: "She said yes, but they want to keep it on the down-low for now." Serena hasn't even publicly admitted to the relationship, saying only that she and Drake "have been friends for so many years." But the source says Drake's been in love since they were first linked in 2011, and "now that he has her, he isn't letting her go."

The source says, "Right now they're happy with just being happy."

Ramona's Ex

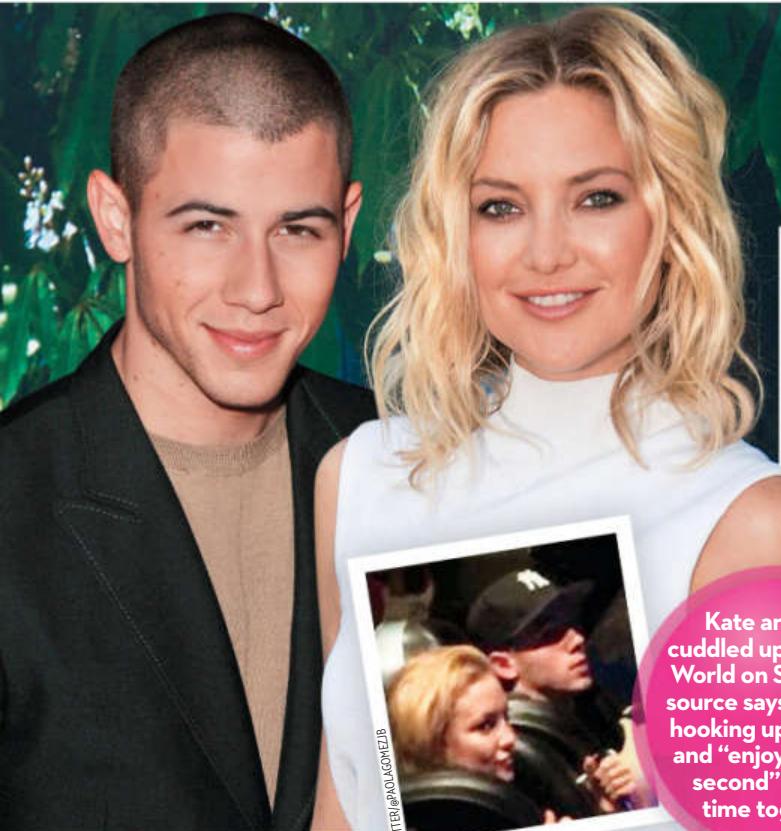
OUT WITH HIS MISTRESS

Ramona Singer's ex-husband, **Mario**, sure isn't keeping his affair under wraps. He shocked guests by parading his mistress-turned-girlfriend, **Kasey Dexter**, around a swanky Sept. 28 Manhattan magazine party — where 58-year-old Ramona's *Real Housewives of New York City* frenemies **Jill Zarin** and **Sonja Morgan** were also in attendance. A witness says Kasey, 33, "was the elephant in the room" and that Mario, 61, "seemed nervous posing for pictures with her at first but eventually warmed up."



A source says Mario "kept Kasey close to him all night."

IRIS ZIMMERMAN



TWITTER/POLOBOREZB

Kate and Nick cuddled up at Disney World on Sept. 26. A source says they "are hooking up for sure" and "enjoying every second" of their time together.

Nick & Kate IT'S ON

Kate Hudson can't resist a crooner! The actress, who was married to Black Crowes lead singer **Chris Robinson** and engaged to Muse frontman **Matt Bellamy**, appears to have a new conquest in *Jealous* singer **Nick Jonas**. The pair were spotted at Walt Disney World on Sept. 26, and she attended his show at Orlando's House of Blues that night; the next day, they enjoyed brunch together in Miami. While their 13-year age gap has raised eyebrows (she's 36, he's 23), a source close to Nick says the stars "couldn't care less" about it. "Nick thinks she's sexy as hell, and the fact that she's older is a turn-on to him," the source says. As for Kate, "fun comes first," the source notes, adding that neither is looking for a serious relationship. "They're both adults who are just after a good time."



THE BIG MOMENT The picture at right was snapped at NYC's Scaliniatella restaurant, on the same night that Leo, overcome with love, spontaneously asked Kelly to share his life with him!

OK!
COVER STORY



AFTER A WHIRLWIND FOUR-MONTH ROMANCE, LEO DICAPRIO HAS ASKED BIKINI MODEL KELLY RORHBACH TO BE HIS BRIDE... AND SHE SAID YES!

LEONARDO DICAPRIO

GETTING MARRIED!

For years, Leonardo DiCaprio's romantic exploits have been the stuff of legend. Not long ago, a bevy of Victoria's Secret models dished about his long-standing status as, let's say, an "aficionado" of their kind. "He likes blondes," noted **Sara Sampaiao**. Another, **Ashley Smith**, said, "I saw him at a party. He was there for five minutes, found a hot girl and left. You go, Leonardo!"

Now, though, the 40-year-old actor — whom many took (or mistook) for a "confirmed bachelor" — is, a source says, on the verge of finally settling down with his current girlfriend, 25-year-old **Kelly Rohrbach**. While they've only been dating since the spring, Leo has apparently fallen hard for her; as the source explains, the Connecticut-raised Georgetown University graduate is nothing like his exes. (Aside from being a flaxen-haired, twenty-something swimsuit model, of course.)

SHE'S THE ONE

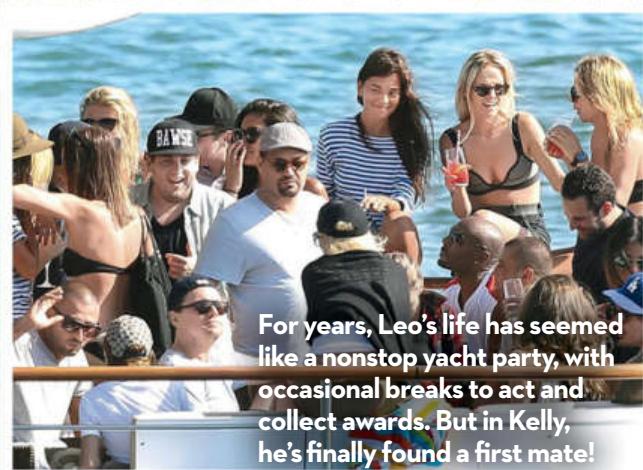
"Kelly's incredibly smart, and she really understands Leo," the source says. "She shares his passion for tackling

**LEO-TESTED, MOM-APPROVED!**

Leo's mother, Irmelin Indenbirken, loves Kelly, according to a source. "She thought his other girlfriends were nice but not that bright. When she met Kelly, she couldn't stop raving about how smart she is."

social issues like global warming and world poverty. They connect on an intellectual level, which is new for him. She's much more than a pretty face."

The pair have plenty in common besides activism. "Leo also talks with Kelly about books and music and politics," the source says. "He even asks her opinion on his movie roles and the direction his career is taking, and she's not afraid to be honest with him. It's been eye-opening for him to be with someone like her." The superstar is so smitten, in fact, that he recently popped the question, proposing over dinner at an Italian restaurant on Manhattan's Upper East Side on Sept. 26!

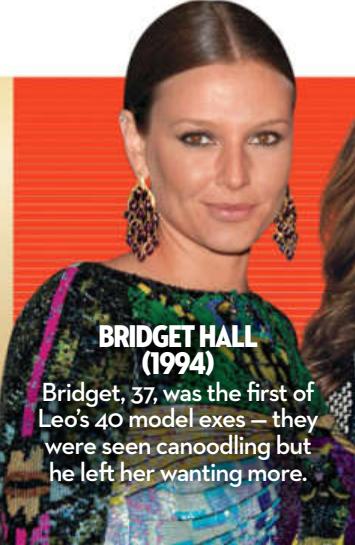


For years, Leo's life has seemed like a nonstop yacht party, with occasional breaks to act and collect awards. But in Kelly, he's finally found a first mate!

HIS EXES COULD FILL A CATWALK!

BRIDGET HALL (1994)

Bridget, 37, was the first of Leo's 40 model exes — they were seen canoodling but he left her wanting more.



“THEY DON’T KNOW IF THEY’LL HAVE A WEDDING OR JUST ELOPE, BUT ONE THING IS FOR SURE: LEO IS OFF THE MARKET”

— A SOURCE

A MODEST PROPOSAL

“It wasn’t planned,” the source reports. “It just happened. They were enjoying a bottle of red wine and engrossed in conversation as usual — it’s pretty obvious that they’re in love from the way they’re always touching each other and smiling. And then Leo paused and looked at her, and said that he wanted to spend the rest of his life with her. Kelly was shocked,” the source continues, “but Leo convinced her that he meant it, and she agreed, with a big kiss.”

Given the out-of-left-field nature of his proposal, Leo didn’t have a ring. But he quickly and cleverly managed to spin that as a positive. “He’s given Kelly carte blanche to design her own engagement ring,” the source says. “It’s his way of letting her know how much he respects her and admires her independence and intelligence. Kelly is overwhelmed with appreciation for how well Leo treats her.”

THE CATCH

At this point, the source says, Leo and Kelly are simply enjoying their engagement and not worried about setting a date. “They’ve begun discussing wedding plans,” the source notes, adding that they’re leaning

toward an intimate, private ceremony, if not an out-and-out elopement. “Nothing is set in stone.”

Kelly is making arrangements to move into Leo’s Los Angeles home, though, so things are definitely moving forward. And Leo, who’s smitten but not stupid, has assured his lawyers that he’ll present his betrothed with an ironclad prenup to protect his \$245 million fortune. Not that he thinks he’ll really need it. “Leo is unbelievably happy,” the source says. “He tells everyone she’s hot, she’s smart and his mom loves her.” Truly, what more could a grown man want?

THIS IS 40

In the past, Leo has often spoken of his desire to marry, but he’s always said that he’s not in any rush. As he put it, “It’s gonna happen when it’s gonna happen... And when it’s right, it’s gonna be right.” Now it seems that the day has finally come. Leo and Kelly’s romance isn’t exactly a fairy tale — Leo auditioned some 40 models(!) and actresses before finding his princess — but they’re clearly very much in love. As the source says, “It’s been a magical whirlwind of a journey for both of them.”

OK!

LEO WAS THE LAST PLAYBOY IN HIS POSSE



TOBEY MAGUIRE

Leo’s longtime buddy Tobey has been happily married to jewelry designer Jennifer Meyer for eight years, and they have two kids: daughter Ruby, 8, and son Otis, 6.



DAVID BLAINE

The magician is currently single, but he is a doting dad to daughter Dessa, 4. (He shares custody of the girl with her mother, a French actress named Alizée Guinochet, to whom he was engaged.)



HARMONY KORINE

Even wildman writer/director Harmony has settled down; his wife, Rachel, is an actress who has appeared in several of his movies, including *Spring Breakers*.



GISELE BÜNDCHEN (2000–2005)

Gisele, 35, was the first woman in Leo’s life to last for more than a few months.

BAR REFAELI (2005–2011)

Israeli model Bar, 30, dated Leo for almost five years, albeit with a six-month break in 2010.

BLAKE LIVELY (2011)

Okay, she’s not best known as a model, but Blake, 28, didn’t exactly buck the tall-blonde trend either.

ERIN HEATHERTON (2012)

Erin, 26, who’s best known for posing for Victoria’s Secret, spent 10 months on Leo’s arm.

TONI GARRN (2013–2014)

German-born Toni, 23, has also modeled for Victoria’s Secret. Imagine being backstage at those shows!

OK! REPORT

Ever there were a case of love at first sight, it was the blind date that **Kaley Cuoco**, 29, and **Ryan Sweeting**, 28, enjoyed back in the summer of 2013. "Dinner was great, and then he moved in the next day!" confessed the *Big Bang Theory* actress, who wed her pro tennis player beau a short six months later. Sadly, the union that came together in a heartbeat has now dissolved just as quickly, with the couple splitting after 21 months of marriage and wiping their social media pages clean of each other.

It's been reported that Ryan's struggles with painkillers are to blame for the breakup, but that's only part of the story; insiders tell *OK!* that the couple struggled mightily over money, their careers and when they would start a family. "They just didn't have a lot in common, ultimately," says a source close to Kaley. "Everyone asked them why they were rushing into a relationship, but the more they were questioned, the faster they moved. They really never stood a chance."

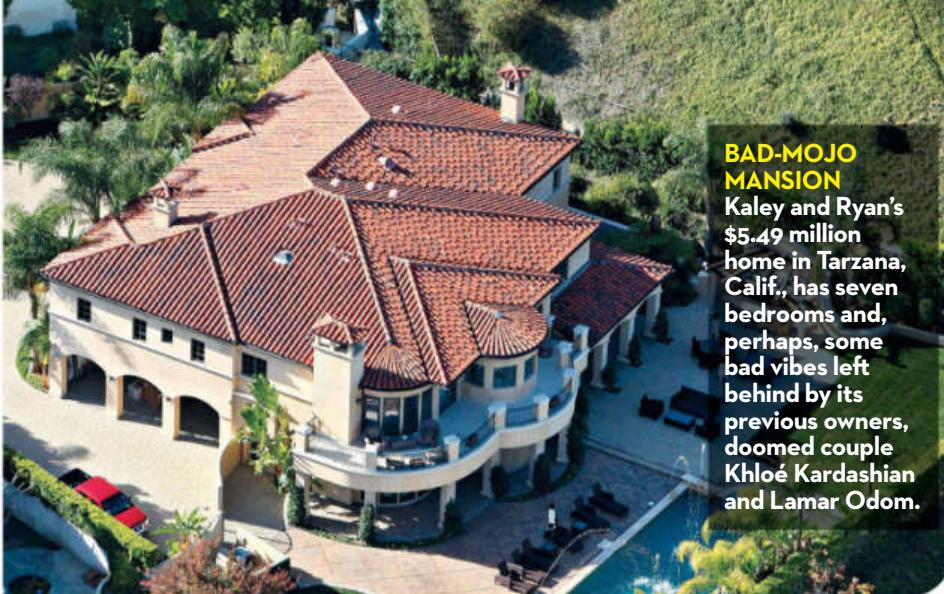


A sad Kaley — with her dog Ruby and without her wedding ring — took a solo stroll in L.A. on Sept. 27, two days after splitting from Ryan.

Kaley & Ryan

THE TRUTH BEHIND THEIR SPLIT

KALEY CUOCO AND RYAN SWEETING
FELL APART FOR MANY REASONS —
INCLUDING THEIR RUSH TO THE ALTAR



BAD-MOJO MANSION
Kaley and Ryan's \$5.49 million home in Tarzana, Calif., has seven bedrooms and, perhaps, some bad vibes left behind by its previous owners, doomed couple Khloé Kardashian and Lamar Odom.

MO' MONEY, NO KIDS

Much of their trouble centered around the fact that Ryan's career was flagging, in part because of injuries and back surgery he had in 2014, and Kaley's was skyrocketing. While his earnings have been minimal, she's now making \$1 million per episode on her sitcom — and sources say she kept a sharp eye on Ryan's expenditures. "He never felt it was 'their' money," says the insider. "They fought over finances all the time, which is ridiculous because they never needed to worry about cash flow. If they'd been together longer before they married, there might have been more trust there, and they wouldn't have let money come between them."

The *Big Bang Theory* interfered with the couple's relationship in other ways as well. "Kaley said she could never see herself having children while working on the show," says the source. "She didn't want a pregnancy written into the script, and she didn't want to take maternity leave. She just wanted to focus on what was in front of her career-wise. She always said that babies could wait."

In fact, Kaley's attitude toward

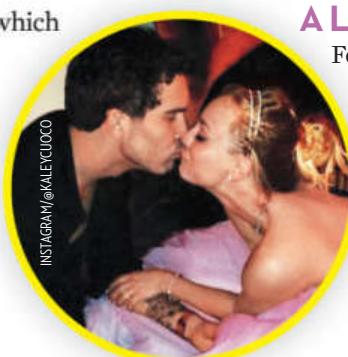
her success is fairly complicated, according to the insider. "She's never been comfortable with her level of fame and actually longs for a simpler life," the source says. "At the same time, she and her team have a hard-nosed approach to business, which has made her so financially successful. She feels like she would be letting down too many people — including herself — if she ever walked away from the show."

A LONER AT HEART

For most of her time with Ryan, Kaley gushed in interviews and on her social media about the love and support he gave her — even countering *OK!*'s story about their relationship woes six months ago with a gallery of PDA-packed photos and the message, "I have never been more proud of anyone

on this planet." But in reality, her friend says, Kaley was working too hard to show how happy she was. "Of course, she and Ryan both will be sad that they couldn't make their marriage work," says the insider, "but now Kaley will revert back to the position she's most comfortable in: being a lone wolf and making decisions for herself."

OK!



Photos like this loving snap from their December 2013 wedding have been purged from Kaley's Instagram

HER TRUE LOVE?

As tensions between Kaley and Ryan grew, sources say it was the actress' close relationship with her *Big Bang Theory* costar **Johnny Galecki**, 40, that highlighted all that was wrong in her marriage.

"Kaley has a special bond with Johnny, an intensity she never had with Ryan," an insider explains. In fact, the castmates dated secretly for two years after meeting on the set, and their friendship thrived even after they called it quits. "Kaley's not just an ex, she's a part of my life," Johnny said in 2013, while Kaley termed it "a wonderful relationship." It's a far cry from the way Kaley and Ryan "had to prove every day that we were happy together," the source adds. "That's not the way a marriage should work."



BLAKE

READY

BLAKE SHELTON HAS SLIMMED DOWN AND SHAPED UP TO EMBARK ON THE SINGLE LIFE



BODY
BY BLAKE!

The singer spent the last few months getting healthy – physically and emotionally. “Instead of dwelling on what might have been, he’s looking forward,” says a source.

When Blake Shelton and **Miranda Lambert** first got together, following a chemistry-drenched duet in 2005, nothing could have kept the “Neon Light” singer from his feisty blond crush – not even his wife at the time, **Kaynette Williams**. No matter the havoc it wreaked on his personal life, Blake was smitten – and would remain so for a decade.

Yet it wasn’t all roses and mint juleps: The lust and passion that ignited Blake and Miranda’s relationship begat a cycle of codependency, heavy drinking and volatile, jealousy-fueled arguments.

Only now, three



YFOR LOVE!

months after their sudden split — following four years of marriage and much mutual gushing — has Blake, 39, started to come out from under Miranda's spell. "He's emerging from the fog," says an insider. "It's been such a painful road for him, and this has been a long time coming."

Looking and feeling better than ever, the *Voice* coach is 25 pounds lighter after months on a self-described "divorce diet."

"The whole stress of getting through [the separation]... it was just weird," he said recently. "I'm

not eating as many fried pickles and stuff. I'm doing great, I am."

A NEW ATTITUDE

Sources say Blake has also achieved some emotional clarity. After dealing with the aftermath of Miranda's five reported infidelities — including one with Blake's ex-best friend, **Jamey Johnson**, and another with married pro baseball player **Josh Beckett** — Blake has focused his energy on forgiving Miranda, 31, and moving on. "It is what it is," he recently conceded. "[Miranda and I] are buddies."

"It's remarkable that he's not just making it through but thriving," says a source, who adds that the key to Blake's new outlook was finally realizing that the career-obsessed Miranda — who was never quite ready to have children — wasn't the right girl after all. "Blake wants a family, and now he's looking for a sweet country girl who's not in the limelight," says the source. "After a depressing few months, he's in a great place. He'll be an absolute catch for the right woman."

OK!



Blake's DATING PROFILE

FUN FACTS ABOUT ONE OF HOLLYWOOD'S MOST ELIGIBLE BACHELORS



HOMETOWN
TISHOMINGO, OKLA.,
POPULATION: 3,068

DRINK OF CHOICE
VODKA — HIDDEN IN HIS STARBUCKS ON THE VOICE, OF COURSE.



FAVORITE TV SHOW
THE GOLDEN GIRLS



HOBBIES
HUNTING AND FISHING



TATTOOS

HUNTSMAN BLAKE SPORTS A SET OF DEER TRACKS THAT SO OFTEN GOT MISTAKEN FOR LADYBUGS, HE ADDED SOME MANLINESS WITH MENACING RINGS OF BARBED WIRE. POOR LIL' LADYBUGS!

STYLE
FARM-CHIC. HE MARRIED MIRANDA IN WRANGLERS!



PETS

BLAKE MAY HUNT, BUT HE LOVES ANIMALS! HE'S HAD TWO PET RACCOONS AND A PET TURKEY, NAMED "TURKEY."



What Stars *RE*ALLY Look Like

We obsess over their thin pins or luscious curves. Now see

6ft

5ft

4ft

3ft

2ft

1ft



TAYLOR SWIFT

HEIGHT 5'11" WEIGHT 119 lbs.

Taylor, 25, stays trim by jogging, which she says "is about blasting a whole bunch of new songs and running to the beat." But she isn't above treats — the singer has burgers on the weekends.

KOURTNEY KARDASHIAN

HEIGHT 5'0" WEIGHT 116 lbs.

Nine months after giving birth to Reign, Kourtney, 36, has her prebaby body back. "I'm in full force," she said recently. "I've been working out with a trainer, and I try to eat really clean."

AMY SCHUMER

HEIGHT 5'7" WEIGHT 153 lbs.

Amy, 34, is a bit heavier than the average screen star, but she still looks and feels great. "I'm not going to look like a malnourished bird," she says, adding that she'd rather be healthy than stick-thin.

JENNIFER ANISTON

HEIGHT 5'5" WEIGHT 117 lbs.

"My advice? Just stop eating [junk] every day," says Jennifer, 46, when asked how to achieve her enviable figure. "I work out, and I indulge" but not too regularly. Sounds downright sensible!

Really Weigh

how these celebs stack up against the average woman.

6ft

5ft

4ft

3ft

2ft

1ft



VICTORIA BECKHAM

HEIGHT 5'4" WEIGHT 108 lbs.

KHLOÉ KARDASHIAN

HEIGHT 5'10" WEIGHT 160 lbs.

JENNIFER LOPEZ

HEIGHT 5'5" WEIGHT 120 lbs.

AMAL CLOONEY

HEIGHT 5'8" WEIGHT 114 lbs.

The famously skinny 41-year-old eats "very healthily, lots of fish and vegetables," and — no surprise here — works out nearly every day. Her faves? "Tracy Anderson and SoulCycle."

Khloé, 31, says, "My entire life, I've struggled with my weight," but she's finally found balance by focusing on workouts rather than fad diets. "I don't deprive myself."

"We all have our challenges with healthy living," says Jennifer, 46, who notes that if necessary, she works out after her kids go to bed. "Do I look forward to this? No. It takes dedication."

Amal, 37, has been known to practice portion control, ordering half entrées in restaurants — and her high-stress job as a globe-trotting human rights attorney probably does the rest!

What Stars *RE*

6ft

5ft

4ft

3ft

2ft

1ft



**CARRIE
UNDERWOOD**
HEIGHT 5'3" WEIGHT 117 lbs.

Country singer Carrie, 32, has bounced back nicely from the February birth of her son, Isaiah. "I recently became a vegan," she says, noting that she loves tofu stir-fries and dark chocolate.

BEYONCÉ
HEIGHT 5'7" WEIGHT 137 lbs.

Since 2013, Beyoncé, 34, has been following what's described as a "plant-based program." She explains, "I didn't want to do a crash diet. I'm a mom now. I need to set a good example for my child."

**GISELE
BÜNDCHEN**
HEIGHT 5'11" WEIGHT 126 lbs.

One doesn't imagine that a supermodel like Gisele needs to diet, but the 35-year-old is a very healthy eater. "I haven't drunk soda in 10 years," she brags. (She also works out for an hour each day.)

RIHANNA
HEIGHT 5'8" WEIGHT 123 lbs.

"If my trainer had her way, I'd eat small meals every three hours," says Rihanna, but the busy 27-year-old singer doesn't always have time for that! "I sometimes eat only once or twice a day."

4LLY Weigh



JESSICA SIMPSON
HEIGHT 5'3" WEIGHT 126 lbs.

"I've been all kinds of sizes," admits Jessica, 35. Today, though, the mother of two maintains her figure with the help of a pedometer; she tries to walk 10,000 steps a day!

JENNIFER LAWRENCE
HEIGHT 5'9" WEIGHT 138 lbs.

Jennifer, 25, has said that she doesn't enjoy exercising, but will get in shape when she's asked to for a role: "They basically do it all for you, like, here's your trainer, here's what you can eat."

KRIS JENNER
HEIGHT 5'6" WEIGHT 145 lbs.

The matriarch of the Kardashian-Jenner clan, 59, says she's hung on to her figure by "eating right" and "working out as much as possible," setting her alarm for 4:30 AM if necessary!

The Quickest Slim-Down Secret

While celebrities have an army of personal trainers, private chefs and nutritionists who keep them looking great, most of us have to tackle weight loss on our own. SlimFast to the rescue! Packed with protein, fiber, vitamins and minerals, these delicious shakes and smoothie drinks can help curb your appetite for up to four hours and are clinically proven to help you lose 50 percent more weight than a reduced-calorie diet alone. The best part? You'll see results in just one week! Available at Walmart and other retailers. For details, visit SlimFast.com.

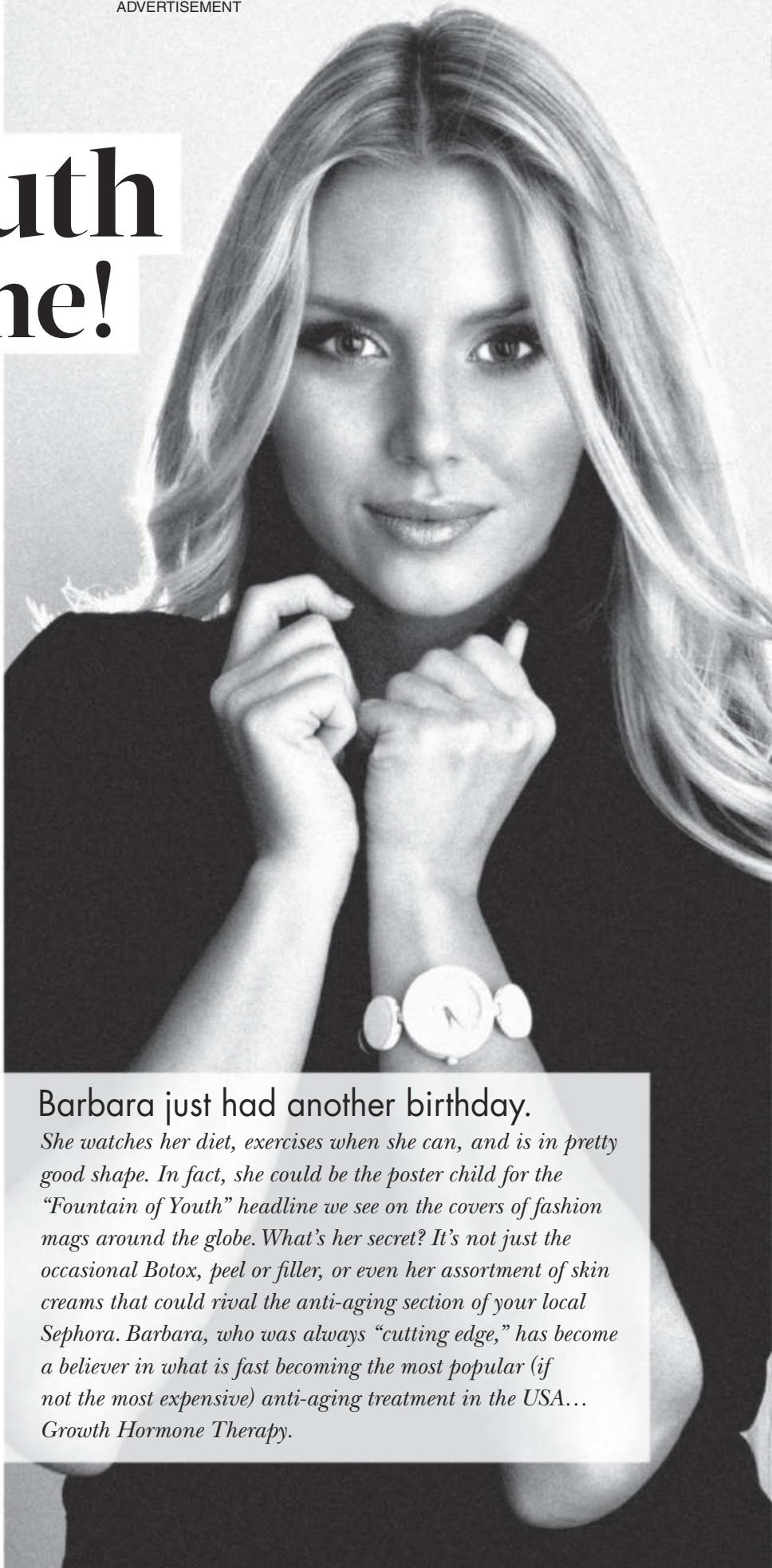


ANTI-AGING Update

The Youth Hormone!

It has been called the "Fountain of Youth" ... But can it really reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give you plenty of energy, get rid of wrinkles and tighten saggy skin?

it seems everyone is talking about human growth hormone lately. *Shape* magazine began a recent growth hormone article with the provocative lead in: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-Aging Special" issue, highlighted growth hormone as its year-end call-out. *Fox News*, *The Today Show*, *CNN*, *ABC*, and *CBS* have all contributed to the current frenzy.



Barbara just had another birthday.
She watches her diet, exercises when she can, and is in pretty good shape. In fact, she could be the poster child for the "Fountain of Youth" headline we see on the covers of fashion mags around the globe. What's her secret? It's not just the occasional Botox, peel or filler, or even her assortment of skin creams that could rival the anti-aging section of your local Sephora. Barbara, who was always "cutting edge," has become a believer in what is fast becoming the most popular (if not the most expensive) anti-aging treatment in the USA... Growth Hormone Therapy.

VANITY FAIR says: "A 20-year-old produces more than twice as much hGH as [she] will when [she's] 40... hGH, by turning back the body clock, turns back the aging process."

Why all the fuss?

Simple, hGH disciples... and to many like Barbara, hGH therapy is truly a religious experience... believe hGH can help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles and tighten saggy skin... making them look and feel decades – not years, but decades – younger. Celebrities, CEOs, Wall Street execs, models, housewives, athletes and even some high-ranking politicians all seem to be drinking from the same pitcher of Kool-Aid. There's no doubt about it; in our current fast-paced, "youth-oriented" culture, hGH therapy is hot.

The controversy

The controversy isn't over whether or not hGH plays an essential role in our health and aging (virtually everyone already agrees on that). Instead, the controversy lies in the best way to maintain our body's supply of human growth hormone. Until recently, most felt the best way was through expensive prescription injections (although costs can run as high as \$1500 per month). However, some experts argue against the use of these synthetic injections, because they fear introducing synthetic hGH into the body may upset natural hGH production.

The breakthrough

Because of growth hormone's potential, researchers have spent the last thirty years searching for a reliable, clinically proven way to promote pituitary health, thereby increasing human growth hormone levels naturally. So it's no surprise that when an oral compound capable of increasing mean, endogenous, bioactive, serum (blood) growth hormone levels... by 682%... was presented at the prestigious Obesity



Society's most recent Scientific Meeting in Atlanta, Georgia, The Academy of Women's Health's

21st Annual Congress in Washington, D.C., and then again at The 9th World Congress of Cosmetic Dermatology held in Athens, Greece, it created a serious stir.

The revolution

The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital. But when

full-blown phenomenon. Even the United States Patent Office has added to the SeroVital mystique by issuing not one but **ten** U.S. Patents to protect the SeroVital formula from imitators.®

Thanks to the release of SeroVital, the hGH revolution has finally arrived. Now that there's an easy-to-swallow capsule that can raise growth hormone naturally, an awful lot of people have stopped asking if they should be increasing their hGH levels and started asking which hGH-boosting option is right for them.

SHAPE says: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow."

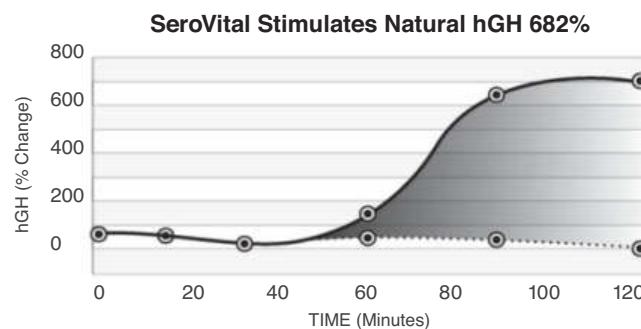
it was disclosed on national television that "a recent study

on

of amino acids saw their hGH levels spike more than 6 times..." and the internationally famous medical TV show host added, "I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," you can imagine the frenzy he created. Before long, SanMedica was having trouble keeping SeroVital in stock. It went from underground sensation to

Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin, decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the "established" medical community (and of course, they know everything) would say its benefits are largely anecdotal, and based on research that's preliminary. But there's no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I'm ready to try it... How about you?



So what's the catch?

Dr. Amy Heaton, PhD, Director of Scientific Affairs for SanMedica International, says: "There are three. First, as with hGH injections, SeroVital is not a 'magic bullet,' but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

"Second, for proper absorption, you have to take SeroVital-hgh on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

"And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about \$100 a month."

Where can I get it?

Having a hard time finding SeroVital-hgh? It's currently available at all Ulta stores, Kohl's, and select GNC locations. Over the next few months it will be available on a limited basis at

prestige retailers across the U.S.

Featured Product!



Can't wait? You can order it directly from SanMedica International by calling 1-800-235-8345 or visit their website at www.SeroVital.com. Use the promo code HGH344 at checkout and shipping is free!†

OK! Access

GO BEHIND THE SCENES WITH OK! TV



A TASTE OF HOME

For Food Network star **Katie Lee**, ambassador for the IKEA Together, We Eat contest, the memories created at family meals are just as important as the flavors. "I grew up in my grandma's kitchen," she told OK! TV. "We always cooked together." The dish that brings her right back to Grandma's house? Peach cobbler. Submit the story behind your favorite recipe at TogetherWeEat.com/Contest by Oct. 27 for a chance to win \$1,500 to shop IKEA.

"Food is like music," Katie told OK! TV's Sonia Isabelle. **"It can take you back to a particular time in your life."**

TOURIST ATTRACTION

OK! TV caught up with **Beverly Johnson** at an L.A. party hosted by Thailand's Tourism Board. Though she's traveled all over the world for shoots, the legendary model said she has yet to experience Thailand — but it's on her list to visit. "I'd love to go," she said. Take us with you, Beverly!



THE RIGHT NOTE

In celebration of *Matilda*'s 1,000th show, composer **Tim Minchin** told OK! TV how the children's book inspired him to create the hit musical. "[Roald] Dahl's work really fits my silliness," he said, adding that he wrote the show for all ages. "You can write in adult language, because *Matilda* is a genius!"



MOM'S THE WORD

Lifestyle expert **Michelle Yarn** shared her parenting must-haves, including Luvs with NightLock diapers and Dr. Smith's Diaper Rash Ointment to keep your baby happy, and Skylanders SuperChargers and Meccanoid robots for playtime. Plus you can rent even more toys from Pley.com.

FEATURED STATIONS

New York **WABC**: 2:05 AM
Los Angeles **KCAL**: 12:30 AM
Chicago **The UToo**: 2 AM
Philadelphia **WPSG**: 8:30 AM

Dallas **KTVT**: 1:12 AM
Houston **KPRC**: 1:05 AM
Detroit **WADL**: 11 PM
Phoenix **KAZT**: 12:30 AM

Seattle **KONG**: 6:30 PM
Minneapolis **KSTC**: 11:30 AM
Denver **KDVR**: 12:30 AM
Miami **WBFS**: 12:30 AM

Salt Lake City **KTVX**: 12:37 AM
Las Vegas **KTNV**: 1:05 AM
West Palm Beach **WFLX**: 6:30 AM
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TA'RHONDA JONES' BANANA PUDDING PARFAIT



Ta'Rhonda Jones says that this scrumptious parfait — pudding layered with fruit and nuts — is her most requested dish at family gatherings. Ta'Rhonda says the dessert (she calls it "boo-nana pudding") "tastes so good, it's simply a fruity sensation"; and it's almost as colorful as her *Empire* character, Porsha! The Chicago native, who loves to cook, first served the concoction at her boyfriend's family's Thanksgiving dinner last year — and no one has forgotten it since. Whimsical and light, it's the perfect bite after a big meal... and a heck of a lot easier to make than apple pie.



Ingredients

- 4 pkgs. Jell-O instant vanilla pudding
- 6 cups sliced bananas
- 1 (11-oz.) box vanilla wafers, 1/4 crushed and set aside
- 2 (8-oz.) boxes butter cookies (such as Salerno), 1/4 of each set aside for garnish
- 1 cup crushed pecans
- 6 cups sliced strawberries, 1/2 cup set aside for top layer
- 6 cups sliced kiwi, 1/2 cup set aside for top layer
- 2 (16-oz.) containers Cool Whip

Directions

1. Make pudding according to package directions. Let cool in refrigerator for about 10 minutes; stir.
2. Layer bottom of large deep-dish bowl with bananas and whole vanilla wafers. Then layer with pudding, whole butter cookies and pecans. Create a third layer using strawberries and kiwi.
3. Repeat layering process until parfait reaches almost to top of dish.
4. Top with Cool Whip and crushed wafers, followed by the remaining whole butter cookies, strawberries and kiwis.
5. Spoon into individual dishes to serve; store remaining pudding in the refrigerator.

SERVES: 40

TOTAL TIME: 20 MIN.
SKILL LEVEL



ok! Style Week

TEE TIME WITH *Ashley*

"I love T-shirts," shares **Ashley Tisdale**, the new creative director for Signorelli, an L.A.-based brand she's "been a big fan of for years" that's known for slogan tees with whimsical, wanderlust-inspired sayings. Under her direction, a full apparel range is in the works as well as her signature line of fun, fashion-forward tanks and tees, like the "Surf Paris" top she wears here (\$39, shopsignorelli.com in March). "It has that faded vintage vibe and can be worn with everything," the Haute Mess blogger explains. She suggests pairing it with jeans and a cool cashmere cardigan or dressing it up with either a skirt or leather pants.





Emily's thigh-baring slit skirt perfectly spotlights her Altuzarra boots.

What's HOT

Right Now!



SKIP STOCKINGS WITH THESE LEG-COVERING BOOTS!

Lipton Suede Leather, **Report**, \$159; lulus.com

Rylan, Sam Edelman, \$250; nordstrom.com

The Highland Boot, **Stuart Weitzman**, \$798; stuartweitzman.com

Bell Thigh High, **Topshop**, \$240; topshop.com

FROM 'GRAM TO GLAM!

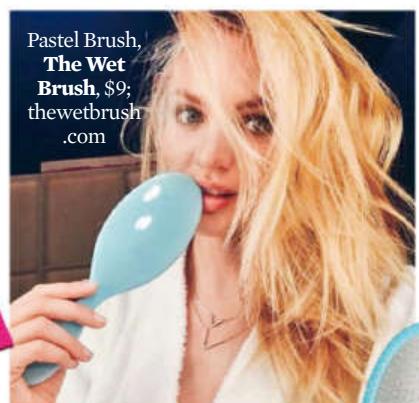
CELEBS INSTAGRAM THEIR SECRETS TO LOOKING AND FEELING GREAT



@JESSICALOWNDES' EYE OPENER
"6am call time? No problem!" writes **Jessica Lowndes**, with a selfie wearing Boscia eye masks. The hydrogel patches, with vitamin-rich sake and calming willowherb, help revive and brighten the under-eye area.



@MIRANDAKERR'S STRESS SAVIOR
"I love my #spoonk acupressure mat," shares **Miranda Kerr**. "The little spikes feel so good and help release endorphins & reduce stress." The plastic stimulation points can also ease tense muscles and improve sleep.



@ANGELCANDICE'S TRESS TIP
Victoria's Secret Angel **Candice Swanepoel** poses with her bedhead cure, the Wet Brush. Its unique thin, flexible bristles help get through the knottiest hair without pain or breakage.

HAUTE HOUSEWIFE

RHONYC STAR COUNTESS LUANN DE LESSEPS,
ON HER NEW JEWELRY LINE

Money can't buy you class, as **LuAnn de Lesseps** has sung, but less than \$100 can get you some beautiful baubles from the Real Housewife of New York City's line: The Countess Collection of Jewelry. LuAnn will debut a compilation of themes — Gotham, Western Chic, St. Tropez and Classic Hamptons — on Oct. 16 on Evine Live, and the pieces will be sold on evine.com. In anticipation of the launch, we caught up with her to get the scoop.

How would you describe this collection?

It was inspired by the life I lead — from what I wear on the red carpet to my everyday look — and my travels around the world. It's a collection for everyone. It's affordable luxury.

What is your style philosophy?

Less is more.

Do you have any jewelry tips?

Wear one bold statement necklace or a pair of statement earrings — one or the other. And always wear a cocktail ring.



LuAnn models an eye-catching necklace from her collection.

Which of your designs are you most excited about?

My favorite pieces are from the Western Chic collection, because I love turquoise and corals.

Which Housewife do you think will wear the line the most?

Sonja Morgan, because the pieces will look so good with her newly launched apparel collection.



PRODUCT OF THE WEEK

Kylie Jenner swears by this mattifying mask, which is ideal for oily or combination skin. Its high levels of glycolic acid exfoliate, while proprietary plant-based Evermat reduces shine.

Glycolic Instant Fix Mask, **Nip+Fab**, \$13; CVS

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Diamond Starburst Earrings, **Barbela Design**, \$180 each or \$350 a pair; barbeladesign.com



Butterfly Umbrella, **White House Black Market**, \$35; whitehouseblackmarket.com

Pink Love Poppy Robe, **Plum Pretty Sugar**, \$65; plumprettySugar.com



Donna Karan Liquid Cashmere Spray, \$88; Macy's



Upgrade your lingerie wardrobe with lace, like **Rihanna** in **Cosabella**.



Never Say Never Bra, \$55,
Minikini, \$30, **Cosabella**;
cosabella.com



Faith Nameplate,
MaLi Beads, \$145;
malibeads.com



Find Your Strength Tee,
Forever 21, \$13;
forever21.com

Druzy Gypset Charm
KeyChain, **Lucky Star Jewels**, \$85;
shopluckystar.com



Resilience Cuff,
Stella & Dot, \$34;
stellaanddot.com



Komen's Cake Batter,
Dō Cookie Dough Confections, \$18;
cookiедоницом.ком



Rashida Jones
loves **Rebecca Taylor's** sensible-
yet-stylish blouses.

Pink Top,
Rebecca Taylor, \$250;
rebeccataylor.com



Elizabeth Hurley's namesake collection features this pink pouch with her favorite lipsticks.

Evelyn Lauder and Elizabeth Hurley Dream Pink Collection,
Estée Lauder, \$34;
esteeleauder.com



OK! STYLE WEEK

Nikki Reed chose customizable Lola James Jewelry for her bridesmaids gifts.

Lock It Up Bracelet,
Lola James Jewelry, \$75;
lolajamesjewelry.com



LE MÉTIER DE BEAUTÉ

Stephanie Kaleidoscope in Light, Heart, Hope and Live,
Le Métier de Beauté, \$95;
Neiman Marcus



Lace Me Up Chain
Ring,
Mejuri, \$158;
mejuri.com



Classic Ballet Flat,
Bagllerina, \$192;
bagllerina.com



Limited Edition Dry
Texturizing Spray,
Oribe, \$42;
oribe.com



Newkirk Tank, \$65,
Rugby Boxer Short, \$60,
Alexis Mera; alexismera.com



Morton Ostrich
Top Handle,
Galian, \$85;
galianonline.com





From left: Fight Like A Lady Nail Lacquer in Prettier in Pink, Sweet Surrender, Sweetest Thing, Lip Service, **Morgan Taylor**, \$15; morgantaylorlacquer.com



Kusmi Tea is a favorite of Kendall Jenner. "I have, like, 12 cups a day," she says.

Rose Green Tea, **Kusmi Tea**, \$18; us-en.kusmitea.com



THINK
PINK

Breast Cancer Awareness Collection, **eos**, \$7; Walgreen's



Ashley Benson trusts her signature blonde locks to Paul Mitchell products.

Pink Out Loud! Express Ion Dry, **Paul Mitchell**, \$130; paulmitchell.com



Freesia Candle, **C.O. Bigelow**, \$42; bigelowchemists.com

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OK! Entertainment

BY STEPHANIE KAPLAN

MOVIE PREVIEWS



The boys take to the high seas en route to Neverland.



PAN

Hugh Jackman, Rooney Mara, Garrett Hedlund, Levi Miller | PG | Oct. 9

If you've ever wondered how *The Boy Who Wouldn't Grow Up* came to be, here's the answer! This adventure reveals the backstory of Peter Pan (Levi Miller), who, at 12 years old, is stuck living a bleak life in an orphanage. One night, he and his

friends are abruptly taken to Neverland, which is ruled by the nefarious pirate Blackbeard (Hugh Jackman). When Peter learns he's the "chosen one," he realizes he must help the Neverland natives in a battle to take down their ruthless leader.

OK! BEST OF THE WEEK

MARK YOUR CALENDAR FOR THESE SHOWS YOU WON'T WANT TO MISS!

MANZO'D WITH CHILDREN

Caroline begins to get on daughter Lauren's nerves and has a heart-to-heart with son Chris after he makes an important announcement. **Sun., Oct. 18, at 10:30 PM ET on Bravo**



ROCKETJUMP: THE SHOW

Part documentary and part sketch show, this series follows YouTube sensation Freddie Wong and his crew as they put together their fun video shorts. Each episode ends with the premiere of the finished creation. **Wed., Oct. 21, on Hulu**

LOVE AT FIRST KISS

In this new dating show from the creator of *The Bachelor*, strangers have to decide whether they have enough chemistry to go on a first date — after just one kiss! **Wed., Oct. 21, at 11 PM ET on VH1**

CHOPPED: IMPOSSIBLE

Returning *Chopped* champs must use crazier-than-ever ingredients in this iteration of the show, with *Restaurant: Impossible*'s Robert Irvine as a judge. **Thurs., Oct. 22, at 8 PM ET on Food Network**

THE WALK

Joseph Gordon-Levitt, Ben Kingsley, Charlotte Le Bon | PG | Oct. 9

From the director of *Forrest Gump* comes the real-life story of Philippe Petit (**Joseph Gordon-Levitt**), a high-wire artist who in 1974 became determined to cross the gap between the twin towers of the World Trade Center. Thanks to tireless planning and the help of allies, the French daredevil skirts the law to attach his wire to the two buildings — and makes his death-defying trip, a nauseating 1,350 feet off the ground. See it in IMAX 3D for a truly terrifying thrill.



TV PREVIEW



HEMLOCK GROVE

All episodes available on Netflix, Friday, Oct. 23, at 12:01 AM ET

The third and final season of this supernatural thriller promises to be a bloody good time! Thinking that she's doomed baby Nadia's future, Miranda (**Madeline Brewer**) decides to end hers and the child's life. But as they're plummeting to their deaths, Dr. Spivak (**J.C. MacKenzie**) — who's revealed to be part dragon — swoops in, whisking them off to an undisclosed location. Will friends be able to find them?



ANNA KONKLE

STAR OF ROSEWOOD

OK! Q&A

Life doesn't always imitate art, but for **Anna Konkle**, who plays Tara Milly Izikoff — AKA "TMI" — on Fox's new comedy police procedural, *Rosewood*, the maxim proves true. "I definitely have the same neuroses or foot-in-my-mouth quality," Anna says. Read on to find out more about her character and her costars.

Tara is a DNA specialist, yet she seems a little kooky. How did you find your way into the character?

She's a science and math whiz who reminds me a lot of my mother.

I only knew her as this weirdo holistic nurse, funny and flighty; then I learned she'd been a microbiologist in labs at Harvard! She's a funny juxtaposition between brilliant and a little silly.

Tara's engaged to Pippy, a toxicology expert played by

Catch new episodes of *Rosewood*, Wednesdays at 8 PM ET on Fox.

Gabrielle Dennis. Did you meet before you started shooting?

We went to Starbucks [before my audition with her]. It was really awkward — it's a weird, intense process, and we're supposed to be in love off the bat — but she made it comfortable. We ended up improvising and singing a **Beyoncé** song.

Will we learn more about Tara's backstory?

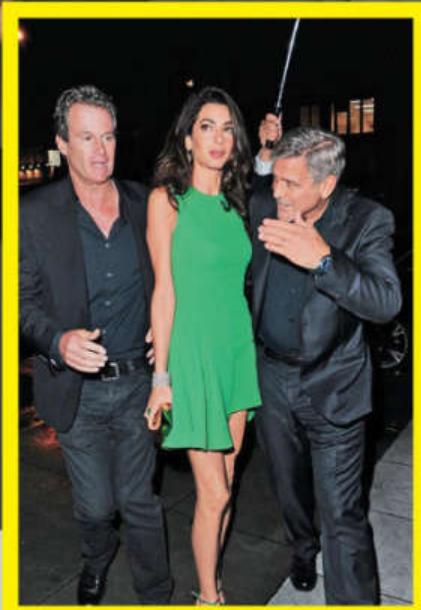
You'll get the gist that this is Tara's first relationship with a woman, and she's struggling for acceptance with her family. We'll explore whether she can have a close relationship with them again.

Morris Chestnut plays the main character, Dr. Beaumont Rosewood Jr. What's he like?

He's insanely charming and good-looking. And being the cynical person that I am, I was like, "Well, we'll see how that turns out in a couple of months." But beginning to end, he was so kind, hardworking and gracious.

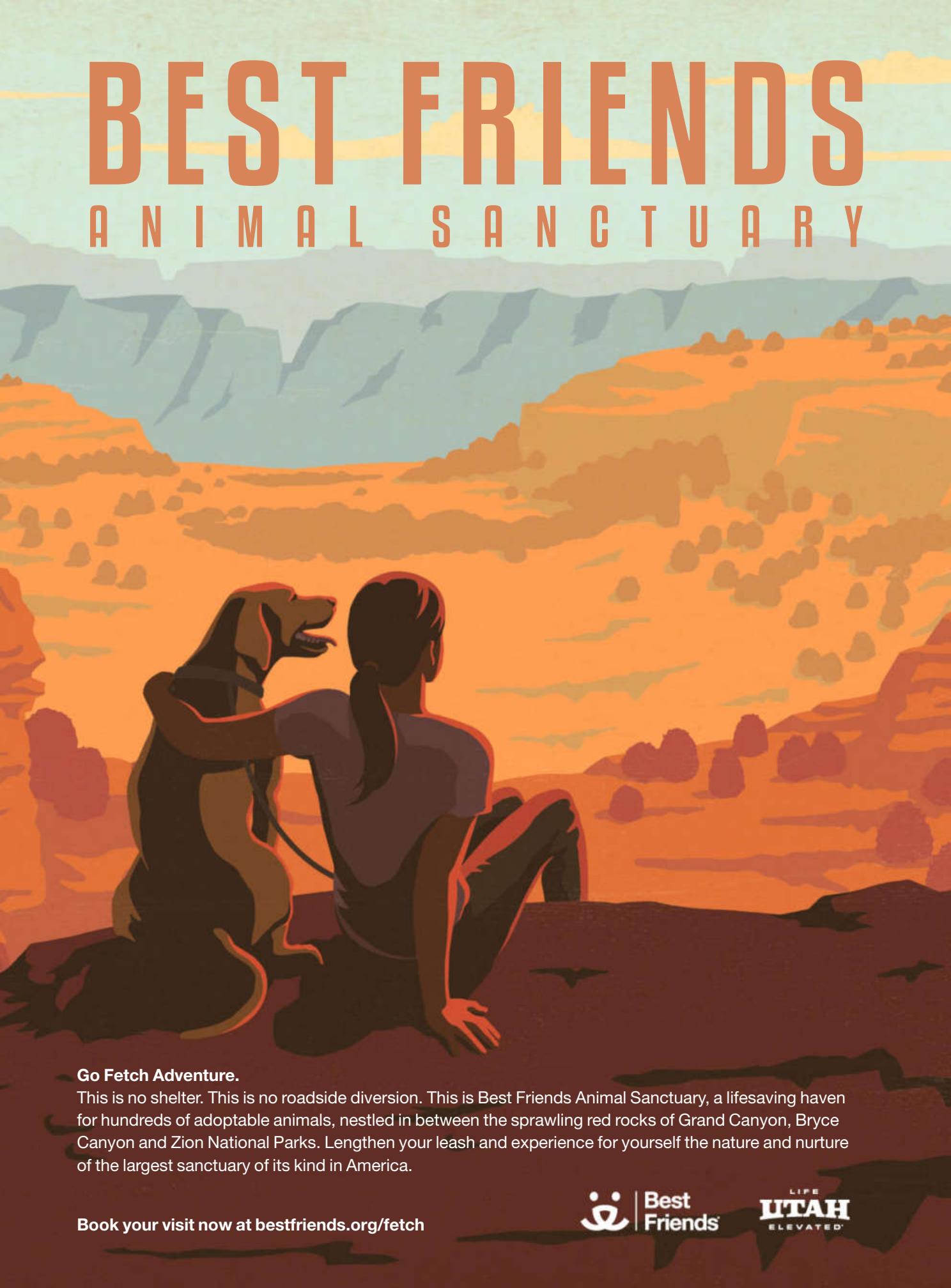
George & Amal's Wet-Blanket Anniversary

You'd think an A-lister like **George Clooney** would go all out to celebrate his and wife **Amal**'s one-year anniversary (Sept. 27). Instead, after attending a memorial for producer **Jerry Weintraub** in L.A., the pair headed out for a low-key meal, because, as the silver fox put it, "What are you gonna do, shoot off fireworks? Sometimes you just go to dinner." Apparently, George didn't even get his wife a gift, adding, "You don't want to go too crazy on the first, you know." The couple did attend an anniversary party in New York City two nights later... for one of George's films. At least he brought along something to make the night memorable: his best pal, **Rande Gerber**! How bromantic.



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HOLLYWOOD HEAT MAP

BREAKING DOWN WHAT'S GOT TINSELTOWN IN A TIZZY

THE LAST LAUGH?

Pope Francis appeared confused at best when Mark Wahlberg joked that he hopes the Holy Father has "a sense of humor [about] the movies I've made."



CHEAP TRICK

Tom Hanks officiated *Girls* star Allison Williams' recent nuptials — and revealed it cost him just \$35 to get ordained!



BILLS, BILLS, BILLS
A car leasing company is demanding Mischa Barton fork over \$40,000 after skipping payments and refusing to return an Audi.



CLOSE CALL
Caitlyn Jenner breathed a sigh of relief after authorities said she will not face any charges in connection with the Feb. 7 car crash in Malibu in which a woman was killed.

SMALL SCREEN-BOUND

ABC Family is creating a scripted series, based on Nicki Minaj's life growing up in Queens, which she'll executive-produce. Sounds like someone's feeling herself!

HOT

WARM

COLD

DENIM DISASTER
Miley Cyrus covered up in a '90s-inspired outfit and a few wacky accessories while out and about. Maybe we prefer her with less clothing after all?

HAIR TODAY, GONE TOMORROW!

JULY 2015



AUGUST 2015



SEPTEMBER 2015



NOVEMBER 2014



We can't keep up with **Kylie Jenner**'s ever-changing locks. The reality star, 18, explained in a web post that she has an "addiction" to changing her hair: "It helps me with my confidence." Kylie also revealed that she often wears custom wigs, which are "so much easier, because I change my mind so much." Wonder what shade we'll see next?



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Nikki McClure Calendar

Paper-cut artist Nikki McClure takes a single piece of black paper and turns it into a work of art. Each month features strong images of everyday life, with a powerful verb that inspires action. There's a good reason Nikki's calendars have become a staple in kitchens, offices and schools — they're amazing.

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INSTAGRAMS OF THE WEEK!

SEE WHAT YOUR FAVE CELEBS ARE POSTING



KIM KARDASHIAN showed off daughter **North**'s too-cute Minnie Mouse outfit.



TAYLOR SWIFT sang with legendary rocker **Mick Jagger** at her concert in Nashville.



WILMER VALDERRAMA snapped a selfie with "new friend" **Hillary Clinton**.



SELENA GOMEZ toured the scenic cobblestone roads while overseas in Paris.



AMY SCHUMER showed off dolls modeled on herself and **Amy Poehler**.

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SQUARE FOOTAGE 7,600

THE GREAT OUTDOORS The

backyard features a large pool, multiple terraces for entertaining and a custom-built playhouse for kids.



KIM ON THE MEND

... AND FIGHTING TO RETURN TO DWTS

After suffering a minor stroke in her hometown of Atlanta on Sept. 23, **Kim Zolciak** wasn't medically cleared to fly to L.A. to film *Dancing with the Stars*, so she got booted from the show. (Kim says she felt well enough to dance and wanted to compete via satellite; however, the rules require contestants be present in person.) Now Kim is fighting back — and has shared an online petition lobbying for her return to the show! Partner **Tony Dovolani** is on board, noting that Kim is back to her "chipper self." While producers haven't weighed in on the possibility of a comeback, Kim shared that she'll definitely be there for the finale, no matter what!

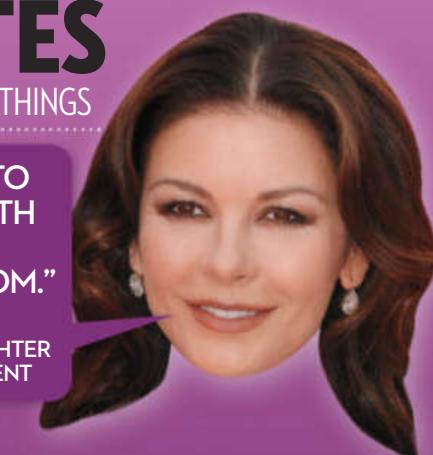
SOUND BITES

CELEBRITIES SAY THE DARNEST THINGS

"I HAVE A CONFESSION TO MAKE. AS I TELL THE TRUTH FOR THE FIRST TIME IN PUBLIC... I AM A DANCE MOM."

— CATHERINE ZETA-JONES

AFTER NERVOUSLY WATCHING DAUGHTER CARYS PERFORM AT A CHARITY EVENT



"I WOULD LOVE IT IF [MY FIANCÉ] WLAD FIGURED OUT A WAY TO GET PREGNANT AND HE COULD HAVE THE BABY."

— HAYDEN PANETTIERE, ON WHETHER SHE WANTS MORE KIDS



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OK! HOT THIS WEEK

THE TRENDS A-LISTERS ARE LOVING

OK! BARTENDER

Chef **Luciano Sautto**, a native of southern Italy, celebrates the recent opening of Salute at Las Vegas' Red Rock resort with this classic cocktail.

SALUTE'S BELLINI

Ingredients (For 1 drink)

- 1 1/2 oz. White Peach Puree
- 1/4 oz. Simple Syrup
- 3 1/2 oz. Prosecco

Directions

Add first two ingredients into shaker with ice and lightly shake. Add Prosecco and then strain into champagne flute. Garnish with skewered sliced peaches, if desired.



INTO THE WILD



"I try to always design timeless pieces," says **Nicky Hilton Rothschild**, who's partnered with Linea Pelle on a fierce new handbag collection, Nicky Hilton x Linea Pelle. The 11 designs include this animal-print Waldorf Canteen Crossbody, available for \$195 at lineapelle.com.



FLOWER POWER

The blooms of summer may be gone, but this Hayley Paige Winnie dress, worn by **Hilary Rhoda**, is the perfect throwback to sunny days. Available at the JLM Couture flagship store in Los Angeles.

Read inspiring mom stories — and share some of your own — at motrin.com.



THE MOM SQUAD

Busy mother of three **Kelly Ripa** recently filmed an ad for the Children's Motrin My Unstoppable Mom campaign in New York City, and she proved to be just as likable as she seems on *Live! With Kelly and Michael*. "She couldn't have been nicer," an on-set source told OK!.

HAIR THAT'S HIGH AND DRY

In the never-ending battle for more time and better-looking locks, there's a secret weapon: Palmer's Olive Oil Formula Clean Scent Dry Shampoo. Tinted for brown and black hair shades, this light spray cleanses, refreshes and deodorizes while adding volume. Its special formula, which includes a nourishing blast of vitamin E, absorbs oil without leaving a white, powdery residue behind. \$8 at palmers.com.





MODEL T

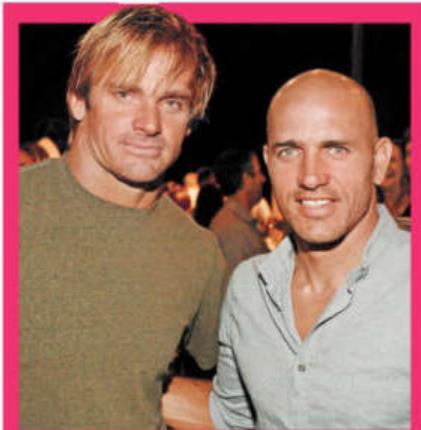
Who doesn't love a star in stripes?

Get some of **Kendall Jenner's** effortlessly cool style with the Striped One Eleven Long Sleeve Ribbed Tee by Express, which the model, seen here in L.A., knotted in back for a cropped look. \$25 at express.com.

GIVE YOUR WEIGHT-LOSS PLAN A BOOST

Holiday meals bring a nonstop parade of temptations, so now's the time to shape up for the coming season. Xenadrine Ultimate Weight Loss dietary supplement makes it easier than ever to shed pounds

and stay energized, as studies have shown that its key ingredient, premium unroasted green beans of the *Coffea robusta* plant, delivers an average loss of 10.9 pounds in 60 days, combined with a low-calorie diet. \$17.97 at Walmart and walmart.com.



OK! STAR SPOTTINGS

Laird Hamilton and **Kelly Slater** hosted Two Coasts: One Ocean, Surfrider Foundation's annual fund-raising gala, in Malibu... **Lauren Conrad** celebrated the launch of her Kohl's fall fashion collection at New York Fashion Week with an afterparty at Beauty & Essex on the Lower East Side...

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CARA DELEVINGNE BY THE NUMBERS

FUN, FAST FIGURES
ABOUT YOUR FAVORITE
CELEBRITIES



13

Issue of *Love* magazine that Cara guest-edited. As part of the gig, she interviewed Kim Kardashian and asked what her favorite sexual position is.



2,880

In dollars, cost of the Mulberry Cara Delevingne Bag with Rivets, which she helped design.



Famous godmother: actress Joan Collins

1



5,219

INSTAGRAM/©CECILDELEVINGNE

Number of Instagram followers Cara's pet rabbit, Cecil Bunny Delevingne, has (as of Sept. 28).



3

Favorite video games: *Call of Duty*, *Grand Theft Auto* and *Assassin's Creed*. Cara brings her PlayStation 4 with her when traveling.

10



Age at which Cara appeared in her first photo shoot, a *Vogue Italia* story snapped by iconic fashion photog Bruce Weber.

4

Musical talents she says she has: singing, songwriting and playing guitar and drums.

MAKE HEADS TURN

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- Helps increase metabolism, energy and focus²

FAST WEIGHT LOSS



1Individuals using the key ingredient in Xenadrine® Ultimate (*C. canephora robusta*) in a 60-day study lost an average of 10.9 lbs. with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.



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